

The NORTHWEST AIRLIFTER

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Connecting Team McChord with the Combat Airlift Mission

August 1, 2008

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Team McChord proud to support community at summer festivities

By
Bud McKay
62nd Airlift Wing Public Affairs

There are hits and there are home runs. Over a three-week period, McChord Airmen will have launched tape-measure home runs when it comes to community involvement that put them center stage to more than a million people in person and double that exposure on television.

The McChord Air Expo 2008 was just the kickoff to a three-week blitz of community events for McChord. A record crowd of more than 377,000 visitors came out for a weekend of flying that featured the Air Force Thunderbirds July 19 and 20.

Last weekend, Col. Michael Hornitschek, 62nd Airlift Wing vice commander, was honored to receive and accept an invitation to represent McChord and Air Force Airmen while riding in the Seafair Torchlight Parade. That parade had more than 200,000 people in attendance, as well as a live television audience of more than 700,000 people, according to the Seafair office.

"The Seattle-area community rolled out the red carpet for us at the parade," said Colonel Hornitschek. "It was just a great outpouring of community support for all of the military members there. I wasn't the grand marshal for the parade, but I sure felt like I was."

Seattle native Sig Hansen, of the Discovery Channel documentary series "Deadliest Catch!" was the parade's grand marshal. Many celebrities were on hand for the parade, and Colonel Hornitschek, along with his wife, Polly, got to rub elbows with a who's-who among the Seattle area during the pre- and post-parade events.

"What was nice was how Polly and I were treated at all of the events that were associated with the parade," Colonel Hornitschek said. "I can't tell you how many times people stood and clapped just as we rode by ... or how many 'thanks for your service' shout outs we heard. It could have been any Airman getting the treatment I did. For this night, it just happened to be me in uniform representing McChord."

This weekend caps another major event where McChord will get an incredible amount of exposure. An 8th Airlift Squadron C-17 aircrew will be on center stage Saturday and Sunday at the "KeyBank Air Show" at Seafair over Lake Washington in between heats of the unlimited hydroplane race. The aircrew will perform a tactical airlift demonstration in front of a weekend crowd of more than 300,000 people and a live television audience on Sunday of more than one million people.

According to Capt. Philip Poeppelman, who

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Photo by Abner Guzman

Elmo's world

Sesame Street character Elmo entertains children July 24 as part of the Sesame Street Experience in Hangar 9. More than 1,700 children and their families attended the first of two performances. The tour is part of Sesame Workshop's Talk, Listen, Connect initiative, a military outreach program launched in 2006.

Wing offers AFISO 21 classes

By
Tyler Hemstreet
Staff writer

With an eye toward promoting the culture of continuous process improvement, the 62nd Airlift Wing is offering several Air Force Smart Operations for the 21st Century classes throughout the month of August and into November.

Two of the classes offered are aimed at introducing Airmen to AFISO 21 concepts and providing a general overview, while two other classes are geared more toward leadership and implementing principals in the workplace, said Robert Shaw, the wing's continuous process improvement consultant who helped design the classes.

"There are still places on base that haven't heard about AFISO 21 principles," Mr. Shaw said. "We want to get the word out there and help build a level of excitement in the culture, build a sense of empowerment and really improve the overall desire for learning."

AFISO 21 is an Air Force initiative that challenges people to look at ways to accomplish the Air Force mission more effectively and efficiently while main-

taining quality and safety standards.

The introductory classes will detail local AFISO 21 projects that various squadrons here have implemented and will even feature a field trip to a project site here to see the concepts in action, Mr. Shaw said.

The hope with the introductory classes is to show examples of what AFISO 21 can do to improve the quality of each shop, said Tech. Sgt. Tim Brunk, the program's administrative training manager and an instructor.

"Airmen will receive the tools they need to help improve the quality of their work environment and make their work center more productive overall," Sergeant Brunk said.

Although attendance at the classes is voluntary, base officials hope Airmen will take advantage of the opportunity.

"The attendance figures will help us understand the culture's desire for learning and identify new training products to meet their needs," Mr. Shaw said.

Each class begins at 8 a.m. and will be taught in Bldg. 851. Seating is limited and people may sign up and view the complete class schedule via the base Share Point site at <https://62aw.mcchord.af.mil/default.aspx>.

Weekend Weather

FRIDAY



Hi: 71
Low: 51

SATURDAY



Hi: 71
Low: 51

SUNDAY



Hi: 71
Low: 52

Forecast generated at 7 a.m. Thursday

Courtesy of the 62nd Operations Support Squadron

Mission Accomplished

Total McChord sorties	9,734
Total flying hours	31,936.4
Cargo moved (tons)	32,316.7
Departure reliability rate	95.4%
Mission capable rate	84.4%
Personnel currently deployed	356
Reservists currently activated.....	203
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

Don't miss it ...

First Friday

First Friday is today at 4 p.m. at the McChord Clubs and Community Center.

Never underestimate the power of a thank you

By

Lt. Col. Steve Mortensen
62nd Airlift Wing director of staff

A few months ago I was in uniform at the base gas station when an older gentleman from the lane next to me peered around the pump and said, “Thanks for your service.” As I said thank you back, I realized his ball cap read something about being a Purple Heart recipient. I wondered why he was thanking me after what he earned. I’ve often thought back to that encounter, but not more so than since air show weekend.

When I took my family to the McChord Air Expo, we sat down at a table to take a break

from the day’s events. Two men at an adjacent table leaned over to me and said, “Thank you for your service.” As before, I thanked them for their comments when I realized they were both wearing lanyards with a card that said WWII Ace. I told them it was they who were deserving of my thanks. They, along with countless others, have served with pride, honor and distinction — paving the way for our nation’s military to be the best in the world.

Each day since the Air Expo I’ve pondered how much I’m thankful for. It’s the sacrifices of thousands of men and women who daily answer the call to serve our country in uniform that deserve our thanks. It’s my wife and two boys who deserve my thanks for putting up with life as a military dependent: moving to that next

base when we’re just getting settled, having to change jobs or friends, being without dad due to an exercise, deployment or extra duty. I’m thankful for my staff and the leadership they provide their respective wing agencies. I’m thankful for those leaders and mentors who have guided me along in my career; people like Tom Day, Bernie Carey, Debbie Gray, Ken Konicki and Chris Coley.

I’ve come to realize through those three men who fought another war with another generation that we need to take the time to say thank you more often. Whether we’re military or civilian serving on active duty, Guard, or Reserve, we all have a lot to be thankful for. Never underestimate the power of a thank you — take time to acknowledge someone’s contributions today!

Little things make a big difference in daily routines

By

Lt. Col. Andy Brunetto
386th Expeditionary Maintenance Squadron commander

SOUTHWEST ASIA (AFPN) — Despite what I’d like to imagine, I am getting older. With that sobering reality comes the fact that I see more and more of what makes a positive difference when dealing with other people.

Throughout my experiences, particularly when I am on the receiving end, I’ve noticed it all comes down to the little things. The details in your interaction with the people around you and the way you treat the folks around you have an impact far beyond the moment.

Listening is a huge part of treating people right. When people are talking to you, the little things like looking them in the eye, stopping

what you are doing and not interrupting will mark you as a caring, reliable and trustworthy individual.

The people who do not look up from their work or tend to answer the phone in the middle of a conversation are saying they feel too busy or self-important to deal with you. This is a very unkind, non-verbal cut that says more than you know.

Take a look at yourself and

examine where you may be able to make the little changes. These things cost you nothing, yet have great currency in how they make other people feel. In return, you will see your stature in others’ eyes grow.

With all the negative news in the media, all the rush-and-hurry of life, we could all stand to slow down and do a small, decent “little thing” to change our lives and positively impact others.

The Sharp Airman ...

Wears PT gear properly:

- PT shirt may be tucked in or untucked
- Jacket hood will be stored and zipped when not worn
- Socks are white in color
- All hats or winter caps are authorized as long as they

Editor’s note: The Sharp Airman is a leadership tool designed to reinforce professionalism of all Airmen.

maintain professional military image

- Bandanas or head scarves are not authorized unless allowed through medical waiver
- Spandex shorts or leggings (navy blue or black) may be worn under shorts (full length leggings may be worn during cold weather)
- Any athletic shoe is authorized
- Saluting is not required

Professionals of the week

62nd Security Forces Squadron

Tech. Sgt. Joshua Olearnek

Duty title:
Noncommissioned officer in charge of police services

Duty section:
Security Forces Operations

Hometown:
Murrieta, Calif.

Why he’s super:
Sergeant Olearnek is an outstanding asset to the 62nd SFS operations section. His efforts have resulted in a top-notch Police Services Program, which has garnered recognition at all Air Force levels. He also coordinated a plan for the operating systems in the squadron’s Z Backscatter van, increasing the operations and security protection for the wing. At Air Expo 2008, Sergeant Olearnek served as area supervisor, managing the logistical needs for more than 300 security personnel and ensuring a secure environment for the more than 375,000 guests in attendance.



Airman 1st Class Megan Guebelle

Duty title:
Patrol member

Duty section:
Security Forces Operations

Hometown:
Camano Island, Wash.

Why she’s tops:
Airman Guebelle is a hard-working self starter who consistently displays good judgment and works well under stress. During a recent deployment to Camp Bucca, Iraq, Airman Geubelle searched more than 400 vehicles and helped maintain a vehicle-borne improvised explosive device-free environment, deterring crime and terrorism. During the Air Expo 2008, Airman Geubelle performed flawlessly as a traffic controller for the more than 7,000 vehicles parked on the north parking ramp.



Officials release facts about new GI Bill

By

Staff Sgt. J.G. Buzanowski
Secretary of the Air Force
Public Affairs

WASHINGTON (AFPN) — Department of Defense and Veterans Affairs officials are working out the details of a new education benefit recently approved by Congress that goes into effect August 1, 2009.

"The absolute most important part of the new G.I. Bill is that none of it takes effect until next year," said Rita Hughson, the chief of education and training at Bolling Air Force Base, D.C. "No one should make any definite plans until the details are worked out."

The new education bill, commonly called the Post-9/11 G.I. Bill, will govern payment and reimbursement plans for veterans and servicemembers who seek to further their education. The new plan will be open to most servicemembers who served on active duty after Sept. 11, 2001. This includes people who haven't been eligible for the Montgomery G.I. Bill, such as Air Force Academy or ROTC graduates, those who declined to participate in the pro-

gram and those whose service started before it went into effect in 1985, she said.

According to Ms. Hughson, the implementation of particular benefits and how they will apply to former and current servicemembers have yet to be established. There are, however, a few facts that are known since the bill was signed into law:

TUITION — The Post-9/11 G.I. Bill will cover tuition with payments sent directly to the school. The formula for determining the amount of tuition and fees paid will be based on the highest cost of a state-supported bachelor's degree program. The tuition amount will be paid directly to the college.

HOUSING — A housing allowance will be made available to prior servicemembers who attend as civilian full-time students. The rate will be that of a staff sergeant with dependents.

BOOKS & SUPPLIES — A maximum of \$1,000 per year will be allotted to the member to cover the costs of books and supplies needed for classes. The stipend will be divided by terms, so if someone attends a two-term school, the allotment will be \$500 per semester,

whereas the student will receive \$333 if they attend a three-semester school.

TUTORING — \$100 a month for 12 months will be available for tutor programs should the servicemember require extra help outside of his or her studies.

AVAILABILITY — Servicemembers can take advantage of the program up to 15 years after they are honorably discharged or retire from the service.

CERTIFICATION — An extra \$2,000 is available to pay for one license or certification test as approved by the VA.

In addition to the listed benefits, a portion of the tuition stipend, as well as the tutoring allowance, may be available for servicemembers to transfer to family members. Many of the details for this, however, are still being worked out between DOD and the VA, Ms. Hughson said.

Although the Post-9/11 G.I. Bill tuition benefit will be available to most people while they're on active duty, it is actually most advantageous to use all the benefits after separating, Ms. Hughson said.

"There are so many other educational programs and benefits people can take advantage of while they're

on active duty, like the various free tests for college credit and tuition assistance funding," she said. "But just like the current G.I. Bill, people will get the greatest benefit if they wait until they are no longer serving on active duty before they begin using it."

"That way they have the option to use all their G.I. Bill benefits for the longest amount of time," she added.

Once the Post-9/11 G.I. Bill becomes available Aug. 1, 2009, Ms. Hughson expects people who have already elected to participate in the Montgomery Bill program will have the option to use the new plan, if they wish. However, it may be in a member's best interest to stick with the Montgomery Bill for certain distance-learning programs or if they'd prefer to be sent money directly to them, Ms. Hughson said.

"Whatever they decide to do, people should do as much research as they can as details become available," she said. "As is normally the case with legislation, details remain sketchy until implementation guidance is made public, and since nothing goes into effect until August of 2009, people shouldn't make any sort of determination until then."

When working with classified information, keep security in mind at all times! Use approved OPSEC, EMSEC, COMPUSEC and Info Protect facilities and equipment only!



McChord Airman keeps fuel flowing while deployed

By

Capt. Kristen Pate
379th Air Expeditionary Wing
Public Affairs

SOUTHWEST ASIA — After more than six years of operations, the 379th Air Expeditionary Wing remains one of the largest wings in the U.S. Air Forces Central Area of Responsibility, supporting an average of 70 missions per day during the last year.

While carrying out the daily Air Tasking Order is a top priority for commanders, these missions couldn't be accomplished without the combined logistical support of multiple units on base. Over the years, these units have refined and streamlined processes in order to increase productivity and the level of support provided to the warfighter in theater. Two examples of refined processes are aircraft fueling and maintenance.

With six different airframes permanently assigned here and a continuous stream of transient aircraft, fueling aircraft on the ground is an around-the-clock process and can make or break a crew's ability to launch on time.

While the wing is still operating on an older expeditionary fueling system, a newer system has increased the capability of the 379th Expeditionary Logistics Readiness Squadron.

"With the old system, we offload fuel from commercial vehicles through the expeditionary receiving point located just off base," said Staff Sgt. Marcus Ortman, 379 ELRS fuels storage supervisor. "The

fuel is offloaded here using an R-22 which is an expeditionary fuel pump. From this location, fuel is sent to a 3.8 million gallon storage facility on base known as Bertha. From Bertha, another R-22 is used to push the fuel through a 2.7 mile pipeline to another storage area. From this storage area, R-11 vehicles offload the fuel and refuel the aircraft on the flightline."

While this expeditionary fuel system is still used, a more permanent facility came online in 2007, allowing Airmen to decrease the amount of time and resources required to refuel aircraft on the ground. This enduring facility is a \$113 million system, which was funded by the Defense Energy Support Center.

With this system, commercial trucks enter the same expeditionary receiving point. Following a thorough inspection, the vehicles then transit to the Tank Truck Offloading Facility. Here, Airmen have the capability to offload eight trucks simultaneously into two 50,000 gallon underground storage tanks, Sergeant Ortman said. Once the fuel level reaches a certain point, fuel is automatically transferred to a bulk storage facility, capable of holding 6.3 million gallons of fuel.

This storage facility, known as Bulk Storage 1, supplies fuel to four JP-8 fillstands which supply fuel to R-11 vehicles, Sergeant Ortman said. BS-1 also supplies fuel to Operational Storage 1, another hydrant system capable of holding 1.8 million gallons of fuel.

"The new system is much better for a lot of reasons," Sergeant



Photo by Staff Sgt. Darnell T. Cannady

Staff Sgt. Marcus Ortman, 379th Expeditionary Logistics Readiness Squadron, monitors the differential pressure meter recently in Southwest Asia. Sergeant Ortman works with fuels storage and is deployed from McChord.

Ortman said. "It reduces the time required to refuel aircraft by about 50 percent and requires a lot fewer people because fuel can be pumped directly from OS-1 or BS-1 instead of being transported one vehicle at a time with limited capacity."

The 379 ELRS also initiated a new DESC-funded project the beginning of this month involving the construction of a 22 mile, 8 inch underground pipeline, which will run from an off-base entity directly on base, eliminating the need for the more than 100 commercial trucks currently transport-

ing fuel to the base daily. This system will replace the expeditionary system and is expected to be complete in May 2009.

Expediently transporting fuel to aircraft on the flightline directly supports the Global War on Terror. Repairing those aircraft also directly impacts the war effort by allowing them to quickly rejoin the fight. The 379th Expeditionary Maintenance Group is leading the way by improving the efficiency of those repairs.

"The EXMG is AFCENT's most

See EFFICIENCY, Page 6



McChord Airmen

AROUND THE WORLD

Courtesy photo



SOUTHWEST ASIA — Senior Airman Jose Gutierrez Campos, 62nd Logistics Readiness Squadron, poses in front of a base monument during a recent deployment. Airman Campos is the material management section chief with the 386th Air Expeditionary Wing. He aids in support of the 387th Air Expeditionary Group's mission by monitoring vital reports daily, maintaining control of the vehicle fleet, managing the drinkable water in support of Airmen and transient personnel and conducting research and procuring mission-essential assets.

Courtesy photo



IRAQ — Airman 1st Class Joshua Boylan (driving), Airman 1st Class Jeremy Schmid (spotting) and Airman 1st Class Donald Kraft (chalking), all 62nd Aerial Port Squadron, set up a cargo pallet during a recent deployment.



From SUMMER, Page 1

will be the C-17 pilot for the performance, the demonstration will be similar to the one flown at McChord's Air Expo.

"The only difference is that we will start with our high-speed pass and demonstrate our tactical climb as we are departing the area, rather than on the initial takeoff like at the Air Expo," said Captain Poepelman, a member of the 62nd

Operations Support Squadron. "It is definitely exciting being able to showcase the C-17's capabilities in front of that many people. I am a graduate of Ohio State University, and I've been at the 'Horseshoe' with 102,000 screaming fans, but it is difficult to comprehend 300,000 people on the ground or one million people on TV watching this event."

Seafair is the state's largest celebrations that lasts nearly two months long – the Torchlight

Parade and the hydroplane races mark the two largest Seafair events.

"I've heard about Seafair, but I had no idea the scope of the event," Colonel Hornitschek said. "I'm looking forward to watching the unlimited hydroplane races. During the parade I got to spend time with hydroplane driver Chip Hanauer [62nd Logistics Readiness Squadron Honorary Commander]. I wanted to talk about hydroplanes with him and he wanted to talk

about the C-17 with me."

While McChord Airmen may have had enough flying in the last few weeks to satisfy their need-for-speed excitement, they can attend the Tacoma Rainiers "Salute to Armed Services Day" game at 4 p.m. Sunday at Cheney Stadium. Col. Jeffrey Stephenson, 62nd Airlift Wing commander, and other military commanders from all of the services, are set to throw out the first ceremonial pitches for the game.

From EFFICIENCY, Page 4

diverse expeditionary maintenance group and consists of approximately 1,000 total force personnel from 68 bases," said Col. Carl Buhler, 379 EMXG commander. "The group performs quality maintenance for the wing's assigned aircraft ... and supports multiple U.S. and coalition flying units that operate an additional seven or more aircraft. To accomplish this, the group merges aircraft, people and equipment into a single cohe-

sive team."

The 379th Expeditionary Maintenance Squadron provides theater-wide maintenance through their nine central intermediate repair facilities. These CiRFs drastically reduce the time required for in-theater maintenance jobs which were previously being shipped stateside or to repair facilities in Germany.

"We moved our CiRF from Ramstein Air Base, Germany, around January of 2006," said Senior Airman Beau Columbus, 379 EMXS aerospace propulsion

journeyman. "Since then, we've been able to save \$2.6 million in retrograde transportation costs and about \$1.1 million in annual per diem costs.

"Previously it cost us \$70,000 to ship a C-130 propeller back to Germany for repairs," Airman Columbus said. "Now we have the capability to fix them here which saves shipping costs and decreases our turn-around time."

The CiRFs provide in-theater maintenance services for everything from C-130 engines and propellers to F-15E avionics and KC-

135 brakes. These nine facilities represent years of process refinement and illustrate the ingenuity of the Airmen here.

As the 379 AEW continues to refine processes and move from 'expeditionary' to 'enduring' the level of support to the warfighter will not change, Colonel Buhler said.

"Simply put, [our] Airmen provide unprecedented power and precision through every wrench turned, bomb loaded, aircraft marshaled and part provided theater-wide."

0-0-1-3



The medical standard is one drink for women or two drinks for men if a daily drinker.

For periodic drinking, the standard is to keep the blood alcohol level or blood alcohol content under 0.05.

*Use personal risk management
Use situational awareness
Use your wingman
Use a friend*

**0 Drinks under age 21
0 DUI's
Max 1 drink per hour
Max 3 drinks in one night**

DON'T DRINK AND DRIVE



AMC Icon auditions

AMC Icon auditions start 6 p.m. Aug. 11 and run thru Aug. 14. Visit www.mcchordafb.us and click on Community Center to fill out the letter of intent. The top three finalists will perform at the Hot Summer Nights and Block Party Aug. 15.



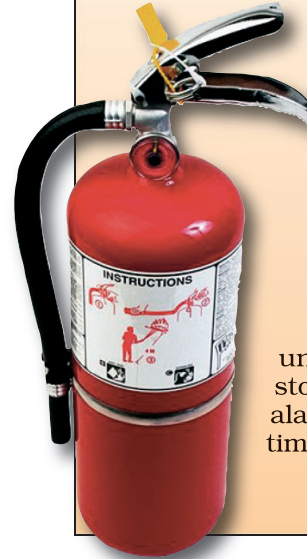
Fire Safety

Got fire extinguishers and smoke alarms?

Every house in base housing should have a fire extinguisher with an ABC rating. Make sure it gets mounted on the wall near the kitchen, but not directly above the stove. If your house does not have one, you can visit the self-help store to acquire one. If you live off base, fire extinguishers can be purchased at most home improvement or hardware stores. Inspect the extinguisher monthly by looking at the following:

- **Accessibility:** Can I get to it in an emergency? Under the kitchen sink is the worst place to hide your extinguisher.
- **Pressure:** Check the gauge for proper pressure.
- **Pin:** Make sure the pin is in place and the plastic seal retaining the pin is in good shape.
- **Damage:** Check for any physical damage to the cylinder or carrying handle and/or lever.
- **Hose:** Make sure the hose is attached and free of damage, and the nozzle is free of foreign debris.
- **Log:** Document the inspection on the provided tag.

There should be at least one smoke alarm on every floor, and one in each bedroom. Most base housing units are provided with a single smoke alarm. On base residents can acquire more by visiting the self-help store. Be sure to follow the manufacturer's guidelines included in the box when installing your new smoke alarm. They should be tested once a month, and batteries should be replaced every six months. When it's time to change your clocks, it's also time to change your batteries.



What to do if you have a cooking fire

The best way to prevent cooking fires is to never leave your cooking unattended in the first place. Frying is the cooking method posing the highest risk.

If you have a fire:

- 🔥 Don't panic. Don't remove the pan — your neighbors don't care what your fire looks like!
- 🔥 Using an oven mitt, slide a properly sized lid or oversize cookie sheet to smother flames. You need to preplan this.
- 🔥 Or use fire extinguisher issued to you. (Is it accessible? Is it serviceable?)
- 🔥 Turn off burner if it is safe to do so, but if the knobs are melted then don't touch it.
- 🔥 Carefully slide the pan off the burner or heat source. DO NOT remove it from the stove.
- 🔥 Call 911 no matter how small the fire is.

If fire is too big to extinguish by yourself, get everyone out of the house and call 911 from a safe location. Do not go back in for any reason. Be neighborly and let your attached neighbors know about the fire so they can evacuate too. When in doubt, just get out. When you leave, close all doors behind you to help contain the fire.



This damage is from an unattended grease fire that started on the lower right burner, melted the face of the microwave and charred the face of the overhead cabinet door. The fire extinguisher was inside the cabinet with the charred door.



Pictured is the back side of a power strip to show the manufacturer's label (barely visible rectangle) and is intended to be used as a visual aid as a reminder to read those labels. The strip started to melt from an outside heat source, but did not cause the fire.

Shocking facts about electrical fires

During a typical year, home electrical problems account for 67,800 fires, 485 deaths and \$868 million in property losses, according to the U.S. Fire Administration. Extinguishing an electrical fire requires the same procedure as any other type of fire once the equipment is de-energized. An extinguisher carrying a Class "C" rating is necessary when fighting a fire on energized electrical equipment. Remember the acronym PASS when using a fire extinguisher, which stands for Pull, Aim, Squeeze, and Sweep. To prevent an electrical fire:

- Avoid using extension cords, especially across doorways or under rugs or carpet.
- Always be aware of the manufacturer's guidelines and ratings when plugging in additional items to a single circuit.
- Always plug microwaves, refrigerators and other high-wattage appliances directly into a wall outlet.
- Remember that a surge protector is designed to suppress a surge from the distribution system to protect the equipment plugged into that circuit. It is not designed to trip a circuit if the user carelessly overloads it.



The resulting damage of a fire that spread from the stove top to the cabinets above and then to the ceiling and walls is expensive. The cabinets had to be replaced, walls repainted, and the stove and exhaust hood replaced.



Information provided by McChord Fire Department

HAWC offers programs, resources in tobacco cessation

By

Airman 1st Class Kirsten Wicker
62nd Airlift Wing
Public Affairs

Many people would agree that tobacco usage is one of the most difficult addictions to overcome. Most understand that it can also be hazardous to their overall health and wellness. For these reasons, the Health and Wellness Center here has a tobacco cessation program with resources to help those individuals who have a desire to quit and improve their health for good.

"Quitting tobacco is one of the most difficult challenges an individual can undertake," said Tanya Henriques, 62nd Medical Operations Squadron, health education program manager at the HAWC, "but the improvements in health can be astounding. Our goal at the HAWC is to make tobacco cessation as accessible and easy as possible for smokers and chewers, while ensuring they receive the safest, most current, research-based intervention tailored to their individual needs."

Approximately 23.8 percent of McChord's active duty population uses some form of tobacco, according to Air Force Population Health Statistics from June 2008.

According to the National Institutes of Health, tobacco use is the leading preventable cause of premature death in the United States. Each year, more than 440,000 Americans die of tobacco-related disease, accounting for one in every five deaths. Cigarette smoking is responsible for more than 30 percent of cancer deaths annually in the United States. Cigarettes are the predominant form of tobacco that Americans consume, but tobacco consumption also includes smokeless tobacco, cigars and pipes.

Nearly all people know that tobacco use in any form can be hazardous to their overall health. The

tobacco cessation program at McChord's Health and Wellness Center provides programs and resources to help individuals interested in quitting tobacco and improving their health.

Approximately 70 percent of active tobacco users have mixed emotions about their usage. However, stopping smoking or chewing is not an easy task. Tobacco use is perpetuated by a complex combination of biological addiction, psychological cravings, environmental factors, cultural norms, and social networks, Ms. Henriques said.

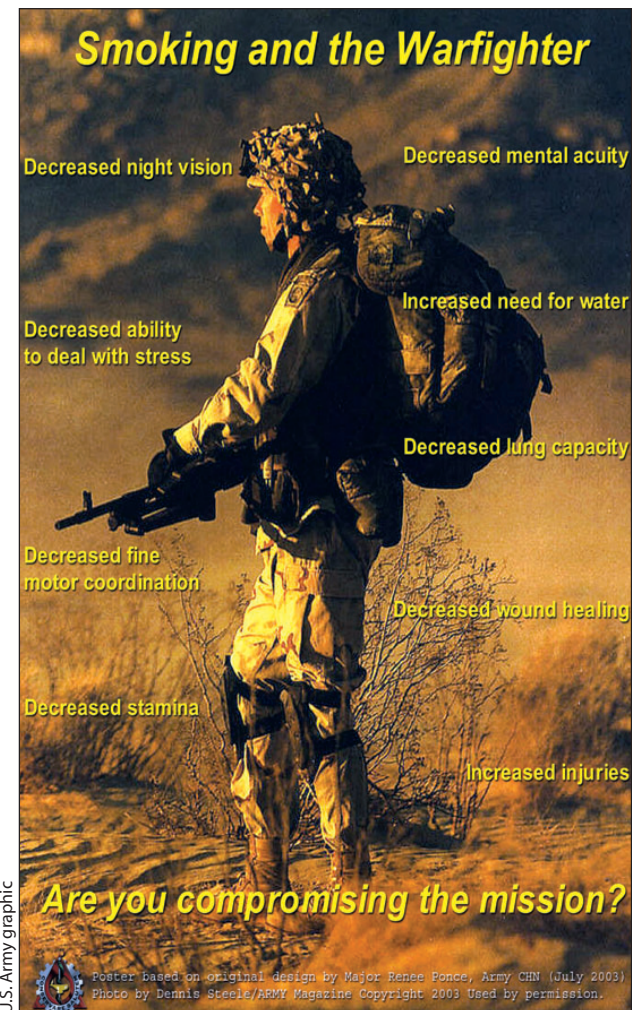
The HAWC offers condensed tobacco cessation classes to provide individuals with the information they need to quit successfully while accommodating busy schedules. Classes focus on stress management, positive reinforcement, healthy lifestyle changes, trigger identification, and relapse prevention. The ultimate goal is to stay quit for the long term.

"Anyone can quit smoking or chewing — most clients we see have quit many times — the key to success is quitting for good, and that is where the behavioral components learned in classes and groups come in," said Ms. Henriques.

Handouts, pamphlets, and other resources are also available. Additional assistance is available through a support group that meets twice a month, usually the second and fourth Thursdays of each month at 11 a.m. at the HAWC.

"My biggest reason for quitting is so I can talk to my niece and nephew on the phone and they can understand me because my voice is clear and not raspy," said Airman 1st Class Jared Utrup, 7th Airlift Squadron. "The support and resources available at the HAWC are very helpful for anyone who wants to quit."

Tobacco program classes and resources are free to all active duty, dependents, DoD civilians and contractors, and retirees. To register for a class or learn more about tobacco cessation or other HAWC programs, please contact Ms. Henriques at 982-5474.



U.S. Army graphic

Tobacco use presents many health hazards that can render an individual less effective at completing the mission, as this graphic illustrates. The HAWC's Tobacco Cessation Program can help individuals quit tobacco and improve their health.



McChord Airman breaks Bagram fuel record

By

Staff Sgt. Rachel Martinez
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIR FIELD, Afghanistan – In the three months since the current AEF rotation arrived, the 31-member POL shop has pumped nearly 14 million gallons of fuel. Most of the operators have pumped an average of 700,000 gallons each. Only two have surpassed the million-gallon mark – one doing it in record time.

Senior Airman Ramon Negron, deployed from McChord Air Force Base, Wash., recently pumped one million gallons of fuel in 61 days, breaking the previous Bagram record by three days.

As a fuels distribution operator in the 455th Expeditionary Logistics Readiness Squadron here, Airman Negron is responsible for refueling all U.S. Air Force aircraft assigned to Bagram, as well as transient aircraft.

“I feel that the mission we have here is very important in the rebuilding of this country, and I personally support it,” said the San Juan, Puerto Rico, native.

The long hours and busy tempo is not a major challenge for this first time deployer.

“The most challenging thing about pumping fuel here is being away from my family,” he said.

The soft-spoken Airman did not set out to break any records – he was just doing his job. After a month and a half of pumping fuel, his supervisor approached him and told him that the record was within reach. On July 8, making his 533rd fuel run in two months, Airman Negron hit the million gallons mark and broke the base record.

“All my coworkers congratulated me. They were really happy for me,” he said. “Ideally, we would like for everyone to pump one million (gallons) or even more, however, not many people hit this milestone.”

His supervisor, Tech. Sgt. John Lineaweaver, said he wasn’t surprised when Airman Negron broke the record.

“He is always first to volunteer when a refueling request is called-in,” said Sergeant Haynes. “This award highlights the high level of performance he always gives.”

Now that he holds the record, Airman Negron said he plans on taking time to go to school and finish his degree. If his record is broken, he won’t be upset.

“This is a team fight and if someone breaks my record I will be as happy as they were for me,” he said. “I would really encourage anyone to attempt it, but always making sure they do it safely.”

Cutline: Senior Airman Ramon Negron, a fuels distribution operator assigned to the 455th Expeditionary Logistics Readiness Squadron, pulls a hose from a fuel truck while preparing to refuel an aircraft. The McChord Airman deployed from the 62nd



Photo by Staff Sgt. Rachel Martinez

Senior Airman Ramon Negron, a fuels distribution operator assigned to the 455th Expeditionary Logistics Readiness Squadron, pulls a hose from a fuel truck while preparing to refuel an aircraft. The McChord Airman deployed from the 62nd Logistics Readiness Squadron recently broke the Bagram fuel record by pumping one million gallons in 61 days.

Logistics Readiness Squadron recently broke the Bagram fuel record by pumping one million gallons in 61 days.



Airmen maintain force protection through vigilance

By

Airman 1st Class Abigail Klein
407th Expeditionary Security
Forces Squadron

ALI BASE, Iraq (AFPN) — They all have different backgrounds and home stations, but the Airmen who work in the 407th Expeditionary Security Forces Squadron Force Protection Section are conditioned and tasked with a critical duty: maintaining the installation's internal safety and security.

Though Airmen assigned to 407th ESFS and other deployed force-protection units throughout Southwest Asia may work as anything from medical technicians to public affairs broadcasters at home station, their job as force-protection escorts here requires them to focus their attention on operational security "inside the wire."

The 1996 bombing at Khobar Towers in Saudi Arabia, in which 19 Airmen were killed, was a motivating factor behind the Department of Defense's decision to increase antiterrorism mea-

sures, including force protection, said Capt. Robert Shaw Jr, 407th ESFS commander.

This increase meant improving such measures as blast mitigation, standoff- and capabilities-based defense, installation vulnerability assessments using threat-based intelligence and the use of escorts to monitor contracted work projects on bases in Southwest Asia, Captain Shaw said.

Before performing escort duty, Airmen must undergo specialized training, which teaches them basic force-protection skills such as handcuffing, searching, and weapons clearing, loading and unloading, said Staff Sgt. Kurt Pinkowski, NCO in charge of training for the 407th ESFS. The Airmen's primary duties include escorting and observing third-country nationals and local employees who perform various jobs such as stacking sand bags, cleaning restrooms or building fences within the base.

Escorts mitigate the threat of attack by ensuring that local citizens and TCNs are not gathering data that could later be used to

assault Department of Defense installations, personnel or resources, Sergeant Pinkowski said. They also complement security forces in securing coalition assets and personnel while enabling the group's mission.

The job requires Airmen to adapt to situations, people and customs with which they may not be familiar.

"It's allowed me to learn more about the Iraqi culture than I would have ever learned at home," said Senior Airman Ann Ramsey, a force-protection escort.

Escorts' efforts have not escaped the attention of their peers in security forces.

"They work tirelessly, often-times in hot and dusty conditions, but their jobs are very important to the Air Force mission and the mission of the United States in rebuilding Iraq's infrastructure, government and economy," Captain Shaw said. "They may not have the most glamorous duties, but they're vital to completing the deployed mission, and they do their country and the Air Force proud every day."



Photo by Airman 1st Class Chris Griffin

Airman 1st Class Nathaniel Gonzalez and Airman 1st Class Lawrence Moore stand guard watching third country nationals. Airmen working in the 407th ESFS Force Protection Section are tasked with maintaining the installation's internal safety.



New language program Web site aids deploying troops

By

John J. Kruzal

American Forces Press Service

WASHINGTON (AFPN) — Officials who oversee a Defense Department program that provides cultural and linguistic training to soon-to-deploy military personnel have activated a new Web site.

Launched this month, the Defense Language Institute Foreign Language Center's new online resource offers deploying service-members easier access to hundreds of linguistic materials, free of charge, according to a DLIFLC news release.

Language lessons can be viewed, downloaded and ordered at www.dliflc.edu under the "Products" tab. Aspiring students must register and receive DLIFLC account approval before placing an order.

Among other curricula, the Web site offers Language Survival Kits:

pocket-size booklets with audio CDs in more than 30 languages that outline common greetings, military commands, medical vocabulary and other useful phrases in the native tongue of the students' destination.

The Monterey, Calif.-based language institute also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80 hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic and in Afghan Dari and Pashto, the release states.

The institute is a component of a comprehensive Defense Department language roadmap published in January 2005 and the National Security Language Initiative that President Bush proposed a year ago.

Gail H. McGinn, deputy under-secretary of defense for plans, oversees the Defense Department's foreign-area officer program, a linguistic initiative that embeds cultural and linguistic specialists with mili-



tary members in their region of expertise.

Ms. McGinn said language has a unique ability to connect U.S. operators with their foreign counterparts and local civilians.

"To be able to communicate with the people, to understand what they're saying, to understand what they're thinking, to understand what their habits are and the correct way to interact with people is incredibly important," she said during an interview with an American Forces Press Service reporter in December.

The cooperation among federal agencies, Congress and the White House on linguistic initiatives

underscores the increasingly prominent role language skills play in U.S. missions at home and abroad.

"Deficits in foreign language learning and teaching negatively affect our national security, diplomacy, law enforcement, intelligence communities and cultural understanding," a National Security Language Initiative fact sheet on the State Department Web site states.

"The NSLI will dramatically increase the number of Americans learning critical-need foreign languages ... through new and expanded programs from kindergarten through university and into the work force," according to the fact sheet.



Sexual assault training

Required annual sexual assault training briefings begin Monday at the base theater with four briefings; 7 a.m., 10 a.m., 1 p.m. and 3 p.m. The 30-minute training is mandatory for all active duty, Reservists, supervisors of military members and non-bargaining unit civilian personnel, and focuses on bystander intervention. Non appropriated funds and contracted personnel, as well as bargaining unit civilian employees, are also encouraged to attend. The other sessions include Tuesday at 1 p.m. and 3 p.m., as well as Aug. 18 and 19 at 7 a.m., 10 a.m., 1 p.m. and 3 p.m. For more information, call Heather Van Mill, McChord's Sexual Assault Response Coordinator, at 982-0473.

Catholic Parish picnic

The annual Catholic Parish picnic is Aug. 10 at the Holiday Park pavilion. The picnic will start following the 11 a.m. Mass in Chapel 2. There is no 9:30 a.m. Catholic Mass scheduled for the day.

Holy Day of Obligation

The Chapel will host Assumption: "Holy Day of Obligation", a Catholic Mass at 11:30 a.m. Aug. 15 at Chapel 2 (Bldg. 181).

Chapel hosts workshop

The Chapel will host a financial workshop titled "Discovering God's Way of Handling Money" from 8 a.m. to 4:30 p.m. Aug. 23 at the Chapel Support Center. The event is free of charge and includes

breakfast and lunch. Self registration can be completed on the McChord intranet site at <https://62aw.mcchord.af.mil/awstaff/HC/default.aspx>. For more information, contact the Chapel Support Center at 982-5556.

ROTC opportunity

The Scholarships for Outstanding Airman to Reserve Officers Training Corps offers active duty enlisted personnel the opportunity to earn a commission while completing their bachelor's degree as an Air Force ROTC cadet. Those selected will separate from the active duty Air Force, join an Air Force ROTC detachment and become a full-time college student. Upon graduation and completion of the program, they will be commissioned as a second lieutenant and will then be returned to active duty (typically within 60 days of commissioning) for at least four years. Further information and forms are available at the following website: <http://www.afrota.af.mil/AFROTC/EnlistedComm/SOAR.asp>. For more information, contact the McChord Education and Training Center at 982-5695.

Fitness center, annex expanded hours

The Fitness Center and Fitness Center Annex are now offering expanded hours of operation. Beginning today, the Fitness Center will be open Monday through Friday from 5 a.m. to midnight and weekends and holidays from 8 a.m. to 6 p.m. The Fitness Center Annex will be open Monday through Friday from 5:30 a.m. to 7:30 p.m. and closed weekends and holidays.



Faith and Worship Programs

**For more information,
call the chapel support center at 982-5556.**

The following chapel program takes place at the base chapel support center, Bldg. 746, unless otherwise noted:

Adult Bible study is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services

Catholic Services:

All Catholic services are in chapel two.

Saturday: 4 p.m. Confession

5 p.m. Mass

Sunday: 9:30 a.m. Mass (except on Aug. 10)

11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical worship: Chapel one

9:45 a.m. Sunday school for all ages at the chapel support center

11 a.m. Traditional worship: Chapel one

11 a.m. Contemporary service: Chapel support center

Jewish Services:

Friday: 6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 967-6590

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church,

15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. Pre-Communion prayers

9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail father.anderson@us.army.mil.

